



The Bundy Bushwalker

I've been up in Cania
I've wandered thru' Bania
I've camped on Coongarra as well
I've conquered Woowonga
Couldn't climb any longer
And many more things I could tell:
My backpack has oft been too heavy
My legs they have oft felt like lead
But sooner than give up my bushwalk
I think I would rather be dead.



Chorus

I'm a rambler, I'm a rambler
From Bundaberg way
I get all my pleasure the bushwalking way
I may have to work hard on Monday
But I am a free man on Sunday!!

[Adapted disgustingly, (and with apologies)
from Ian Mc Coll's song "Manchester Rambler"]

Bundaberg Bushwalking Club Inc.



Members Information Booklet

Day Pack Requirements & Walk Gradings:

Listed below are the minimum requirements walkers should be carrying in their day packs

<p>PACK 1</p> <p>Minimum requirements Developed Area Day-Pack (eg. Local beach, Town night walks)</p> <ul style="list-style-type: none"> • Sufficient water - 1 litre • First Aid Kit • Torch • Raincoat/Poncho 	<p>PACK 2</p> <p>Minimum requirements Bushwalk Day-Pack (eg. National Parks, State Forests, etc.)</p> <ul style="list-style-type: none"> • Sufficient water - 2 litres • First Aid Kit • Torch • Raincoat/Poncho • Compass, Pea Whistle, Small Mirror • Sufficient + Emergency Food Supplies

Walk Gradings		
Max Kilometres/day	Terrain	Fitness
S up to 10 kilometres	1 Graded track	a. Unfit beginners
M 10 to 15 kilometres	2 Tracks, steeper sections, open terrain	b. Fit beginners
L 15 to 20 kilometres	3 Off track, minor scrub, creeks/rocks hopping, minimal navigation.	c. Fitness and/or agility required
X over 20 kilometres	4 Scrambling, seunge, thick rainforest, hard navigation.	d. Good fitness and agility a must
	5 Technical rock ability, abseil	e. Strenuous. Experienced very fit walkers only.

8. Maintain a reasonable separation of vehicle, i.e. room for other vehicles to overtake, but not so far back that the vehicle in front loses track of you in his mirror.
9. When a closed gate is encountered, a person from the vehicle behind the leader will open the gate. The vehicle will pull over, allow the rest of the convoy through, close the gate and take up a position in front of Tail end Charlie. This ensures that the gate is properly secured and prevents stock or animals from passing through the gate, and ensures that there is no confusion about “*was that gate open or closed??*”
10. In hilly country or water crossings, allow the vehicle in front to get up or down steep slopes and across creeks before following, then ensure that the vehicle behind has cleared the obstacle before proceeding.
11. Any track damage should be repaired.
12. Any vehicle wishing to leave the convoy, or stop, shall wave through the remaining vehicles and inform Tail end Charlie of their intentions.
13. In recovery situations, instructions will be given by the leader, the recovery Boss, or a designated person, regarding safety and recovery procedures.
14. The Bundaberg Bushwalking Club make use of Channel 20 on the 40 channel UHF radio network. However radio communication will not be accepted as a substitute for standard convoy procedures.

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Introduction

The contents of this handbook are mainly directed at new members. It is also recommended that all members have the book for reference purposes. You are expected to understand and to comply with it. The handbook gives an introduction to bushwalking so that first time walkers will have the basic knowledge for their enjoyment and safety.

Welcome to the Bundaberg Bushwalking Club Inc. We hope that your time with us will be rewarding and enjoyable.

Club Information

The Bundaberg Bushwalking Club was formed in July 1984, when Richard Gear implemented the suggestion of Jan Lunde that a Bushwalking Club would be of benefit to the district. The Club was incorporated on March 27, 1986.

The objects for which the Club was established are:-

- To organize bushwalk outings
- To promote interest in the environment
- To ensure minimal impact on the environment during club activities

Meetings are held monthly on the first Tuesday of the month at 7.00pm at the Bundaberg State High School. **N.B. During school holidays, the meeting date may be varied.** There is no compulsion to attend monthly meetings. Attendance at monthly meetings is welcomed as this shares the responsibility of planning club activities. The meetings usually conclude by 9.30pm.

The Office Bearers are:-

- President
- Vice Presidents
- Secretary
- Treasurer
- Newsletter Editor

First Aid Kits

A well stocked First Aid kit is one of the most important items you can have on any walk, and above all, training in First Aid is highly desirable. The Red Cross and St. John Ambulance supply good kits for bushwalkers and campers. First Aid kits are also available at Chemist and Outdoor shops.

Items for a General First Aid Kit:

- Waterproof carrying case, Sunscreen
- Band-Aids, Plaster, Steri-strips, non-adhesive dressings
- Tweezers, Scissors, safety pins
- Triangular bandage, compression bandage, crepe bandages
- Aspirin, small note book and pencil, small plastic bags
- Water treatment tablets, iodine
- Antiseptic cream (eg Betadine)
- Stingose, paraderm
- Rid (insecticide for repelling/killing leeches)
- Any medication you personally may require
- Electrolyte replacement
- Space blanket

CONVOY PROCEDURES

1. All convoys need a leader at the head and a sweep or “Tail end Charlie” at the rear of the convoy.
2. The leader has overall control of the convoy
3. “Tail end Charlie” is to assist the leader in running the convoy
4. All participants need to abide by the directions and instructions of the leader and “Tail end Charlie”
5. All drivers are responsible for their passengers and must observe road rules at all times
6. All drivers are responsible for the vehicle **BEHIND**, and need to take note of that vehicle i.e. Make, Colour etc., at the same time make sure of which vehicle you are following.
7. Each vehicle must wait at each intersection until the next vehicle can observe the direction of the route. Should a vehicle become separated from the convoy, **STOP, WAIT** at that location - a vehicle will return for you.

Radios

Hand held radios are used during car convoys and on walks to aid communication and enhance safety. The club has 2 radios. In addition, members frequently possess radios for use on club activities.

Bushwalking Club EPIRB , GPS, compasses are available for members to use on club walks. Contact the walk coordinator.

The Bushwalking Club also owns a computer, data projector & sound system for movie nights, porta loo, shower cubicle and solar showers for use on Club camps.

BUSHWALKERS CODE

- Protect plants and animals
- Remove rubbish
- Keep streams and lakes clean
- Take care with fires
- Camp carefully
- Keep to the track
- Consider others (including landowners).
- Respect our cultural heritage

All correspondence should be addressed to:-

The Secretary

P.O. Box 27

Bundaberg QLD 4670

A monthly newsletter is published following each meeting. Copies are available at Bundaberg Disposals, Camping World, Bundaberg Regional Library, BCF, Go Vita (Sugarland) and Disposals Store near Target.

The Club endeavours to provide an outing each fortnight on a weekend day-usually Sunday. Walks are arranged to suit individual requirements and the gradings of these walks are noted in each newsletter- these gradings are also included in this booklet. If you are new to bushwalking and are not sure of your ability, select one of the easy walks first and contact the nominated leader to arrange to join that walk.

The outings vary from half day walks to day long walks in State Forest or National Park areas as well as weekend camping trips. The Club has also organized members bus trips to The Snowy, The Warrumbungles, the Red Centre, Lawn Hill, New Zealand and many more.

On day walks, car loads are generally arranged at the nominated departure point with passengers contributing to petrol costs. The monthly newsletter gives suggested rates.

New Members

It is a requirement that prospective members attend a day-walk outing. At the departure point you will be asked to complete a temporary membership application/acknowledgment of risk form for insurance purposes. At the completion of the days walk you will be able to decide if bushwalking meets your requirements. If so, on payment of the membership fee, your application will be processed at the next monthly meeting. If bushwalking does not appeal to you, the membership application will be withdrawn.

Insurance

Club members and visitors, along with all financial members of participating clubs in South Australia, Victoria, New South Wales and Queensland are now covered by both a General Public and Products Liability Insurance and a Personal Accident Insurance while taking part in official club events, including social and fundraising affairs, and traveling to and from club activities. The individual premiums are included in your membership fees. Please note that there are excesses, exclusions and considerations involved. You can, if you wish, obtain a copy of the Policy from the Secretary.

GUIDELINES FOR MEMBERS

1. The walk leader upon appointment is accorded sole authority by the Committee for that particular walk. Support that authority by directing all walk enquiries prior to, and during the walk to the Leader.
2. Contact the walk leader as soon as possible prior to the walk. Discuss with the leader the walk rating and if you are known to the leader, request the assessment of your ability to handle this particular walk. New walkers should carefully consider the leader's advice re walk difficulties especially if children are involved.
3. If you are unable to attend an activity for which you have nominated, advise the leader as soon as possible. It is not acceptable to simply not show up on the day.
4. All members and intending members must carry a backpack with defined minimum contents including sufficient food and water. The monthly newsletter contains a listing of backpack minimum requirements for both short walks and day walks.
5. Personal first aid kits must be carried on all walks.
6. The club supports the principle of Minimal Impact Bushwalking -
 - Take only photos - leave only footprints. All areas to be left unmarked and unaltered.
 - If you pack it in, pack it out - carry resealable plastic bags and take all your scraps etc. home.

7. Walk leader to collect emergency equipment (radio's, GPS, EPIRB) from walk co-ordinator.

Assembly Point on Walk Day

1. Have all walkers read the indemnity clauses and complete personal details on joint registration/indemnity form.
2. Collect walk fees for members. On camps, one walk fee only is applicable.
3. Assist to arrange transport where necessary.
4. Visually check that walkers are dressed appropriately.
5. Distribute maps to designated walkers: explain contents of walk and other relevant details.
6. Appoint assistant leader if group numbers warrant that need.

During Walk

1. Count walkers often and encourage group to remain together.
2. The assistant leader will act as "Tail End Charlie", accompanying the rear slower group members.
3. Allow adequate stops. The overall pace must suit the slower members.
4. Ensure all members are conversant with their present location relevant to the map at all rest points.

After Walk

Complete a walk report and return to Secretary with folder of unused maps, registration forms, etc. and walk fees.

After the walk the leader will ensure a walk report is forwarded to Newsletter editor. Leader to return registration form and walk fees to treasurer. Unused maps, emergency equipment etc to walk coordinator. Incident report to Secretary.

WALK LEADER RESPONSIBILITIES

Before the walk -

1. Liaise with Walk Co-ordinator where applicable to:
 - a. Obtain land-holder permission (in writing if possible and practical) and/or National Parks/Forestry permits.
 - b. Obtain maps and local information
 - c. Obtain sufficient registration forms
 - d. Obtain information on number of campsites available if applicable and make tentative bookings of sites.
 - e. Conduct a pre-walk with 2 other members if possible. Take note of terrain, hazards, etc.
2. Confirm walk details 2 club meetings prior to walk for publication in Newsletter. Details must include leader's name and telephone number and:
 - a. start time and location
 - b. specific area of walk
 - c. general description of walk
 - d. anticipated duration of walk
 - e. walk grade assessment/risk assessment
 - f. minimum water and backpack requirements
 - g. any unusual aspects/requirements of walk
3. Advise all telephone enquirers (members) of all pertinent aspects of the walk they may require to know prior to their walk confirmation details. Keep a list of confirmations - names and numbers.
4. Should the appointed leader be unable to conduct the walk, he/she will arrange a leadership change and advise the walk Co-ordinator/President accordingly.
5. The Leader has the right to refuse responsibility for any member the Leader considers unsuitably prepared for the walk.
6. Each member is responsible for taking appropriate equipment for the activity. The member can be guided by the Pack Requirements listed on the back page of this book. Club leaders are not responsible for listing what equipment is appropriate because this will be different for each member. Club leaders do not check the contents of members packs before walks. Club leaders are not presumed to know the contents of members packs.

7. Hats, sunscreen, suitable clothing and appropriate footwear are a must. Serious foot injuries can occur if thongs or open sandals are worn as a result of impact with broken branches hidden in the grass, thorny vegetation and uneven rocky ground. We suggest a shoe/boot that protects the foot, supports the ankle and has a good sole grip in wet or dry conditions.
8. People who have a level of dependence on medication should carry it on the walk. If that medical condition may require emergency management assistance, you would be wise to discuss that management with the leader. All members are asked to advise the leader immediately they become aware of the onset of any problem which may prevent him/her completing the walk. A Personal Emergency Information form is available to complete & carry in your back pack.
9. Arrange shared transport from the meeting place to the walk site early. If this is not possible advise the leader of your requirements when you ring to confirm your attendance on the walk.

Incidents

If an incident occurs on a club activity which involves injury or damage, it should be reported to the walk leader. The walk leader will arrange for an Incident Report Form to be completed, and a copy sent to BWQ. The incident will be discussed at a monthly meeting to review safety management procedures. Copy of incident report form at end of book.

Privacy

The Bundaberg Bushwalking Club acknowledges and respects the privacy of individuals and complies with the National Privacy Principles contained in the Privacy Act 1988 (Commonwealth).

The Bundaberg Bushwalking Club lawfully collects personal information that is necessary for the club to function. The information we collect and hold is provided voluntarily. This information includes your name, address, contact details, medical information (this information is confidential with the exception of the trip leader of a club trip when you place your name on the list of participants for that trip).

The Contact information you supplied (name, address, phone, email, etc.) may be available to other members. The club keeps records of activities including attendees. The club does not make its membership list available to advertisers.

We may display first name and images of members participating in club activities in the public section of the website or other media. However you may request that your name or image not be used for these purposes.

Discrimination and Harassment Guidelines

The Bundaberg Bushwalking Club does not tolerate discriminatory or harassing behaviour by members or non-members taking part in club activities.

If you believe you are being subjected to behaviour that is discriminatory or harassing, you should tell the offender that the behaviour is unwelcome and unacceptable and ask that it stop. If you feel that you are not able to confront the offender talk to the trip leader. If it can't be resolved at that time put the complaint in writing to the Secretary.

Special Note: because bushwalking is a potentially risky activity, leaders of club trips have the right to exclude members or visitors from participating where there are concerns about the person's capacity to complete the activity safely and harmoniously.

Grievance Policy

A certain standard of behaviour is expected of members and visitors; treating one another with respect. Behaviour that is bullying, intimidating etc will not be tolerated. Any complaint is to be given to the Secretary in writing. Refer to the Constitution for termination of membership.

Walk Day

1. Arrive early at the meeting place, allowing sufficient time for registration, payment of walk fees and walk discussion.
2. Seek out the walk leader and register your attendance and your **acknowledgement of acceptance of the terms of the clauses heading**

the registration/declaration form, by writing your name, address and emergency contact phone number on that registration/indemnity form.

3. Walk fees are payable to the leader at the meeting place. Annual fees are payable as from July 1.

On the Walk

1. Bushwalking is a team/group activity. Stay with the group. **If you need to leave the group for any reason, tell the leader or the "Tail end Charlie" at the rear of the walk.** He/she will ensure that you catch up with the group. A head count will often occur.
2. If you become separated from the group, resist the urge to panic and stay put until help arrives. Blow your whistle.
3. Keep alert. Learn which of the flora/fauna is to be avoided. Learn to use the map and compass effectively to establish where you are and where you are going. It makes the walk safer, more interesting and enjoyable.
4. There are usually no facilities on the walk. Members must carry sufficient food, water and equipment including emergency equipment. Walkers accept that they may get hot and sweaty, tired, aching muscles, dirty, minor scratches, wet, blisters, tick bites and leech bites. The walking environment is controlled by nature, so safety cannot be guaranteed by the club or the leader. Every member has a duty to protect their own safety and the safety of others in the group.
5. As a member of a group activity, your primary concern should be your personal safety and well-being, but you should also accept a reasonable degree of care for the safety and well-being of all other participants. You must avoid doing anything that exposes the club to unreasonable risk of injury or liability.
6. Above all - walk safely and enjoy yourself.